



# Prawn Red Thai Style Curry

with Rice

**RAPID** 15 Minutes • Very Hot! • 1.5 of your 5 a day

N° 17



Long Grain Rice



Courgette



Carrot



Lime



Coriander



Red Chilli



Red Curry Paste



Coconut Milk



King Prawns

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Sieve, Fine Grater and Frying Pan.

### Ingredients

	2P	3P	4P
Long Grain Rice	150g	225g	300g
Courgette**	1	2	2
Carrot**	1	1	2
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Red Curry Paste	1 large sachet	2 small sachets	2 large sachets
Coconut Milk	200ml	300ml	400ml
King Prawns 5)**	150g	250g	300g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	2368/566	504/121
Fat (g)	20	4
Sat. Fat (g)	16	4
Carbohydrate (g)	76	16
Sugars (g)	11	2
Protein (g)	22	5
Salt (g)	1.57	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 5) Crustaceans

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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Packed in the UK



## 1. Cook the Rice

- Fill and boil your kettle.
- Fill a saucepan with the boiling **water** and place on a high heat.
- Add ¼ tsp of **salt** and stir in the **long grain rice**.
- Lower the heat to medium and cook the **rice** until tender, 10-12 mins.
- When cooked, drain in a sieve and return to the pan, off the heat. Cover with a lid.



## 4. Simmer the Curry

- Stir in the **curry paste** and **half** the **chilli** (add less if you don't like heat). Cook for 30 seconds.
- Mix in the **coconut milk** and add the **prawns**.
- Bring to a simmer, cover with a lid (or some foil), and cook for 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



## 2. Prep the Veggies

- Meanwhile, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot** then slice into thin rounds (no need to peel!).
- Zest, then halve the **lime**.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



## 5. Finish the Curry

- Halve the **lime** and add a squeeze of the juice to your curry with half of the **coriander**.
- Season to taste with **salt** and **pepper**, add more **lime juice** if you like.



## 3. Start the Curry

- Heat a splash of **oil** in a large frying pan on medium-high heat.
- Add the **carrots** and stir-fry until starting to soften, 2-3 mins.
- Add the **courgette** and stir-fry for another 2 mins.



## 6. Serve

- Mix the **lime zest** through the **rice** and serve the **rice** in bowls topped with the **prawn red Thai curry**.
- Finish with a sprinkling of **coriander** and remaining **chilli**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.